

Teen Fitness

YOUTH STRENGTH TRAINING

Taught by our Fitness Coaches, this series of one-on-one training sessions are designed to teach pre-teens/teens how to work out safely. Each 30-minute session will educate on different topics such as:

- Importance of hydration and a healthy diet
- Warm-up and stretching techniques
- All about cardio
- Strength Training – proper form and technique (broken into separate sections for: Lower Body, Upper Body and Core)
- Introduction to our FitLinxx system
- The first session will require the attendance of the parent/guardian of the youth in training

9 to 10 year olds (Cardio only)

Two, 30-minute sessions will cover fitness floor safety and a full introduction to the cardio equipment.

11 to 13 year olds (Cardio and Strength Training)

Each of the six sessions can be scheduled to fit within your schedule; however, the program must be completed within 30 days. The last session will include a quiz that will test their knowledge and retention of the information they learned. Upon successful completion of the program (within the allotted timeframe) a special Fitness Floor sticker will be issued that needs to be shown to Fitness Staff upon entering the Fitness Floor.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Sessions should be scheduled directly with Fitness Staff. Youth Strength Training is only available to CRC facility members.

TEEN SPORTS SPECIFIC PERSONAL TRAINING

Our teen sports specific personal training will cater to teens ages 13-17 to encourage, engage and provide expertise for sport specific personal training. Our certified personal trainers will guide you through a customized program which will give you fast and safe results. The most effective and efficient training methods and regimens will be used: plyometrics, resistance band, bosu, free weights and cardiorespiratory training.

Location: Centennial Recreation Center

Fees: \$60 per session (individual sessions)

\$264 6-session package @ \$44 per session

\$468 12-session package @ \$39 per session

\$560 16-session package @ \$35 per session

\$612 18-session package @ \$34 per session

\$792 24-session package @ \$33 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.



Look for this starburst
through out the
Recreation Guide to find
FREE CLASSES
with your CRC membership.



YOGA

Yvonne Bannister is qualified, certified and trained in the instructional art of yoga. This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Yvonne Bannister

Location: Cultural and Community Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
4690.101	1/5-1/26	T	6:30pm-7:25pm	8yrs+	4
4690.102	2/2-2/23	T	6:30pm-7:25pm	8yrs+	4
4690.103	3/2-3/23	T	6:30pm-7:25pm	8yrs+	4
4690.104	4/6-4/27	T	6:30pm-7:25pm	8yrs+	4

Resident: \$45.00 / CRC Member: FREE

Non Resident: \$55.00 / CRC Member: FREE

Need space?



Room Rentals
at the Community &
Cultural Center as low as

\$25

/hr

Just some of our amenities:

Banquet and classroom seating
Executive style boardroom table
Teleconferencing needs
Advanced sound system
Dance floor
LCD projector and screens
TV, DVD, and VCR capabilities
White board
Internet hook-ups

Space available:

- * Two large multi-purpose
- * Three classrooms
- * Two meeting rooms
- * Children's pavilion
- * Full-service kitchen
- * Outdoor amphitheater
- * Charming rose garden

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TEENS